

Trampoline Safety

Recently a Patrick Air Force Base dependent was injured on a trampoline. Trampolines can be extremely dangerous. The following safety information was taken from a July 1999 Erie Insurance Group article, "Tips for Taming the Backyard Jungle."

Tempering the Tramp

While trampolines are certainly exhilarating and aerobically effective, their popularity has added another pitfall to backyard safety. In 1996, hospital emergency rooms treated more than 83,400 youngsters ages 15 and under for trampoline-related injuries. Most injuries occur on home trampolines, and most of those happen when more than one person is on board.

If you already own or are considering purchasing a trampoline, consider these safety precautions:

- **Check that the trampoline is installed correctly.**
- **Make sure the trampoline bed is level.**
- **Have impact-absorbing padding covering the top of the frame and the springs.**
- **Make sure the space beneath and surrounding the trampoline is free from hazards.**
- **Consider putting the trampoline in a pit, so that the bed of the trampoline is level with the ground, or installing an enclosure system.**

When using the trampoline follows these safety rules:

- **Always supervise people on the trampoline.**
- **Allow only one person on the trampoline at a time.**
- **Tell jumpers when they are moving away from the center of the bed.**
- **Get on and off with care. Slowly lower yourself onto the ground.**
- **Stay off the trampoline when it is wet.**
- **Do not attempt moves that are above your skill level. Keep in mind that most serious spinal injuries are associated with somersaults.**

Establish common sense rules

In addition to ensuring the safety of play equipment, parents should set guidelines for appropriate play behavior. Children of all ages need clearly defined boundaries and common sense rules. Review simple safety precautions with your kids.